

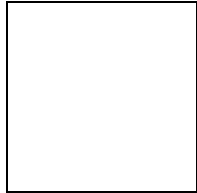


Ramona Directory

**Resource Guide for Health
Services available in Ramona.**

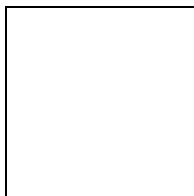
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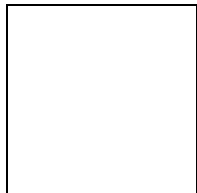
Counseling Services.....

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Treatment

Center.....5



Medical/ Social

Service.....6-7



Children's Services

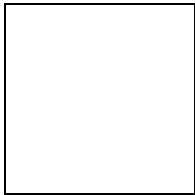
In case of emergency



Public Assistance



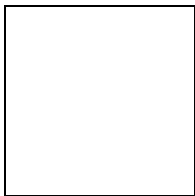
Counseling Services



Peter Barreta, MFCC.....(760)

788-1003

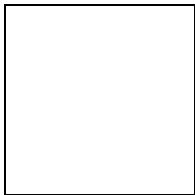
Family, Marriage & Older Adolescents
1516 Main Street, Suite 107
Ramona, Ca 92065



E.Y.E. (Escondido Youth Encounter)(619)

233-3088

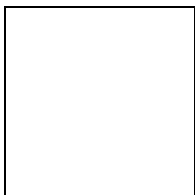
Counseling & Crisis Services
Domestic Violence & Sexual Assault Hotline.....(760) 747-6281
Parenting Classes.....(760) 744-3117



Family Support Foundation.....(619)-

590-1901

They provide family counseling.
Psycho-educational class (i.e. parenting)
Please note: Mentoring Program is of special interest to Ramona families, which
match up youth with trained screened volunteers
www.fsfministries.org



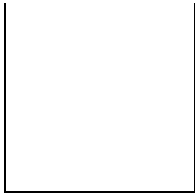
Harmonium's Ramona Project.....(760)

788-5033

Intervention Counseling
Mission: To Reduce Recidivism (target population is at risk youth)
Serves 8-17 year old youth, intervention may be short or long-term.
No Medi-Cal needed (program funded by grant)



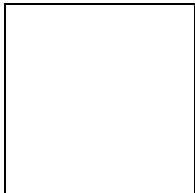
Counseling Services



Judith Johnston, Ph.D.....(760)

789-4900

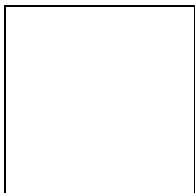
Family Counseling Substance Abuse Issues
Ramona Ca, 92065



Christine Kennedy, Ph.D.....(760)

789-6327

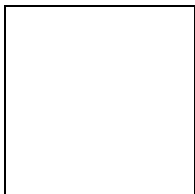
Psychologist
Medi-Cal accepted



Valerie Lucio, MFCC.....(760)

789-2937

398 D Street
Ramona, CA 92065

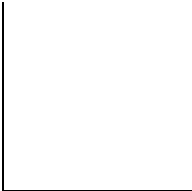


Mental Health Services.....(760)

741-4461

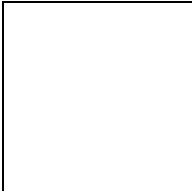
M-F 8 – 5 pm
Suicide/Crisis Counseling.....1(800) 479-3339
Deescalate crisis situation/Counseling
Access services throughout S.D. County

Counseling Services



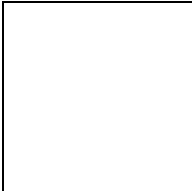
PHP Cancer Support Groups & Cancer Resource

Center.....(760) 788-9522
1516 Main Street, Suite 107-104
Ramona, CA 92065



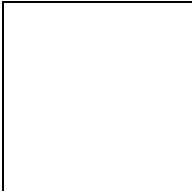
Pomerado Partial Hospitalization

Program.....(858) 613-5613
15615 Pomerado Road
Poway, CA 92064
Specialized senior program that helps older adults with depression or severe emotional distress. Ongoing outpatient services can be provided after program completion. Transportation and meals are provided for Ramona residents. Medicare & Medi-Cal accepted



San Diego Psychological & Educational

Services.....(760) 789-7080
Cyrus Nakhshab, Ph.D., Ed. D.
School Psychologist

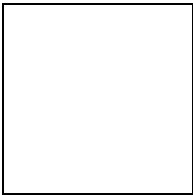


Kenneth Searcy, Ph.D.....(760)

789-6389
1516 Main Street, Suite 107
Ramona, CA 92065



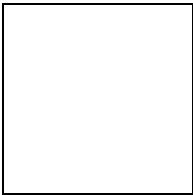
Treatment Centers



Community Health Care

Alternatives.....(760) 789-5393

Serves 18-60 year olds
Serves chronically ill and dually diagnosed

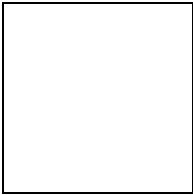


Mental Health Systems.....(760)

788-6246

North Rural Recovery Center

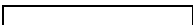
323 Hunter Street
Ramona, CA 92065
Outpatient treatment and recovery facility for substance abusers. Many 12-step meetings are held at the center as well as NA meetings and Teen Group
Youth programs, Intervention, Community assistance and prevention services.



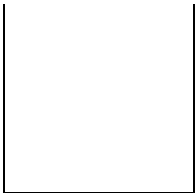
Ramona Adult Day

Health Care Center.....(760) 789-7564

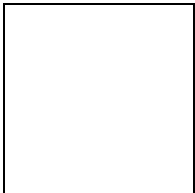
Day treatment & board and care



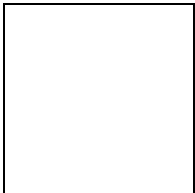
Medical/Social Service



Child Abuse Hotline(County of San Diego Health and Human Services Agency).....(760) 738-2449
.....1(800) 344-6000

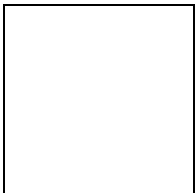


Child Health & Disability Prevention Program (CHDP).....(619) 692-8428

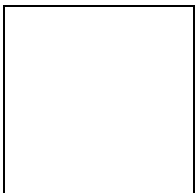


County Medical Services.....1(800) 587-8118

Medical Program managed by the County of San Diego Health and Human Service Agency (not a health insurance program). Assistance program provides urgent care to county residents with serious health problems. Services must be in authorized CMS primary care clinics. Routine health examinations are not covered.

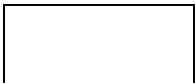


Graybill.....(760) 789-6687
Family Practice and Internal Medicine

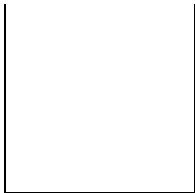


Head Start.....(760) 788-1927

Neighborhood Health Association
Twilight Child Care 5:30-11:30 pm
Children 3-4 years old. Includes children with disabilities
Subsidized childcare.....(619) 427-4411 x 232



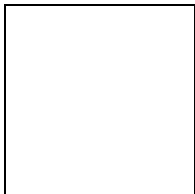
Medical/Social Service



Ramona Pregnancy Care Clinic.....(760)

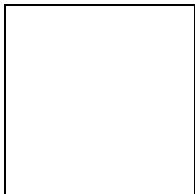
789-7059

1530 Main Street, Suite 6
Ramona, CA 92065
Free pregnancy test and verification exam, pregnancy options counseling and education, prenatal education, support group, childbirth classes, referrals, etc.
All services are free.



Ramona/Julian Health Care Advisory Council

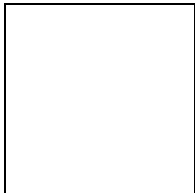
Collaboration of local agencies and the Palomar Pomerado Health System.....(760) 788-9522



Ramona Prenatal Care Network.....(760) 788-

0868

Child Youth and Family Line.....(619) 692-8428

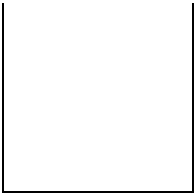


San Diego County Health & Human Services Agency

Community Resource Center

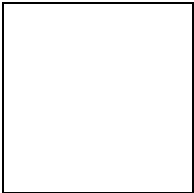
1416 Montecito Road
Ramona, CA 92065
Medi-Cal.....(760) 738-2438
Service Coordinator –.....(760) 738-2484
Public Assistance Information.....1(800) 421-2252
Adult Abuse Reporting.....(619) 495-5660 or
.....1(800) 523-6444
Public Health Nurse.....(760) 740-4098
(Immunization Clinic & Tuberculin Skin Test).
Mental Health Clinician.....(760) 738-2438
Children’s Services (Escondido)... ..(760) 480-3404
In-home support services.....(619) 476-6200
Welfare to Work (Escondido).....7.....(760) 233-1800

Food Assistance



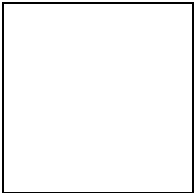
Commodity Supplemental Food Program

Ramona Healthy Start Center.....(760) 788- 1927
Or San Diego Food Bank.....(619) 523-8811 X 13 or 14



Ramona Food & Clothes Closet Inc.....(760)

789-4458

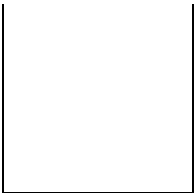


Ramona Senior Center.....(760)

789-0440

434 Aqua Lane
Ramona, CA 92065
Nutritious meal service along with activities

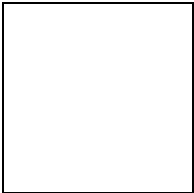
Transportation



Ramona FAST/Bus Inform.....(760)

741-1373

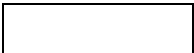
Transports resident from home to and from the bus station at 10th and Main Street.



Ramona Senior Center.....(760)

789-0440

Transportation is available to El Cajon, Poway and San Diego.



County Board of Supervisors

Greg Cox
District 1

Dianne Jacob
District 2

Pam Slater
District 3

Ron Roberts
District 4

Bill Horn
District 5

Walter Ekard
Chief Administrative Officer

**Produced courtesy of the County of San Diego Health
and Human Services Agency.**

August 2000

Supervisor Dianne Jacob – District 2
County Administration Center
1600 Pacific Highway, #335
San Diego, CA 92101
(619) 441-4327 ph
(619) 696-7253 fax

